



## Vaccines recommended for older adults too

by Yolanda **CABRERA, RN**

DCHD Immunizations Bureau Manager

As a mature adult, you are busy with life and have many responsibilities – but don't forget to take care of yourself. Throughout the life span there are recommended vaccines to help protect us from serious diseases. This protection comes from immunizations.

According to the CDC, every year in the United States thousands of adults become seriously ill and are hospitalized because of diseases that vaccines can help prevent. These diseases can be deadly for many adults. Make sure you are vaccinated for the best protection.

The need for vaccines does not go away with age. In fact, there are specific ages in your adult life when vaccinations are recommended. Also, protection from vaccines you received as a child can wear off over time, and there are more vaccines available now.

Adults can be protected from 14 deadly diseases such as flu, pneumonia, measles, mumps, rubella, hepatitis A, hepatitis B, tetanus, diphtheria, pertussis (whooping cough), herpes zoster (shingles), chickenpox, HPV, and meningococcal.

The risks of being unvaccinated

are:

- Up to a month of missed work or school days
- Millions of hospitalizations and hundreds of thousands of deaths
- Tens of thousands of chronic illnesses and permanent disabilities
- Spreading diseases to the most vulnerable – children and older adults

According to the CDC, adults with chronic conditions are more likely to develop complications from vaccine-preventable diseases. Complications can include long-term illness, hospitalization, and even death. People with heart disease, or those who have had a stroke, asthma, chronic obstructive pulmonary disease (COPD), or other conditions have a higher risk of serious medical complications from the flu and pneumonia.

People with type 1 or type 2 diabetes have a higher risk of hepatitis B virus infection. Hepatitis B can spread from the sharing of blood glucose meters, finger stick devices, or other diabetes care equipment.

Visit Davis County Health Department clinics in Clearfield and Bountiful/Woods Cross or talk to your medical provider about which vaccines are right for you and make sure you are up to date on recommended vaccines.



## Benefits of volunteering are plentiful

by Jackie **SMITH**

Davis County RSVP

As the old adage says: "With age comes wisdom"... and more free time. As you age you learn many different skills both from careers as well as life lessons. You come to understand what is truly important in life and how to prioritize. It seems wrong to keep all that learning and wisdom to yourself when you can share it with others. Davis County RSVP (Retired

and Senior Volunteer Program) can help you get started on your volunteering journey.

There are many benefits to sharing your time and skills by volunteering. The obvious benefit is the fact that as you volunteer you are helping others. Davis County RSVP volunteers help others in many different ways. They deliver hot nutritious meals to homebound seniors, provide education on elder abuse and fraud, as well as teach classes like tai chi for arthri-

tis, Stepping On for falls prevention, and others. RSVP volunteers can be found at many other places too, like Antelope Island helping visitors from around the world learn the history and enjoy the beauty of the island. RSVP volunteers also can be seen in many of the elementary schools working with children to improve literacy.

But the benefits of volunteering go

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## Events in August

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

- |  |  |
|--|--|
| M/W/F - Bingo 10:15 a.m.                   | 10:30 a.m. (sign-up and fee required)            |
| T/TH - Reiki and seated tai chi 10:30 a.m. | 16 - Woodstock 50th Anniversary lunch at 11 a.m. |
| W/F - Ceramics noon                        |  |
| 14 - Trip to Clark Planetarium             |  |

### South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

- |                                 |   |
|---------------------------------|---|
| M/W/F - Enhanced Fitness 8 a.m. | 12 - Children's violin performance 11:45 a.m. |
| T - Tai chi 9:30 a.m.           | 22 - BBQ 4-6 p.m. (sign-up required)          |
| 8 - Foot Clinic 9:30 a.m.       |   |

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

- |   |  |
|---|--|
| T/TH - Tai chi 10:15 a.m.               | 15 - Stepping On fall prevention workshop (sign-up required)         |
| 6 & 20 - Shopping at Walmart 12:30 p.m. | 20 - Living Well with Chronic Conditions workshop (sign-up required) |
| 13 - Book club 10:15 a.m.               | - AARP Smart Driving class 10 a.m. (sign-up required)                |
| 14 - Medicare presentation 11:15 a.m.   |  |
| - Blood pressure clinic 10:30 a.m.      |  |

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)

# Tips to increase your heart health

by Terri **SORY**  
*DCHD Community Health Services*

Did you know high blood pressure increases your risk for heart disease and stroke, the two leading causes of death in the United States? And, over time, uncontrolled high blood pressure can lead to health complications of the eyes, kidneys, and memory.

According to the American Heart Association, nearly one-half of all American adults have hypertension. Surprisingly, only

half of those with hypertension know they have it. The only way to know you have hypertension is to have your blood pressure measured.

You can increase your heart health, decrease your risk for developing hypertension, and/or help lower and control your blood pressure by incorporating one or more of the following lifestyle changes:

- Get moving! Be physically active for at least 30 minutes five days a week.
- Focus on nutrition. Eat more fruits, vegetables, nuts/

seeds, and whole grains.

- Watch the sodium. Aim for 1,500 mg. of sodium or less per day. (Hint! A great way to reduce sodium intake is following the heart healthy diet suggested above.)

- Take your medication. If you are prescribed medication for high blood pressure, take it every day. It is important to work with your health care provider to control your blood pressure.

- Check your blood pressure. Follow your doctor's recommendations on measuring your blood

pressure. Whether at home or a pharmacy, check your blood pressure regularly, track your numbers, and share with your health care provider.

- Maintain a healthy weight. Being physically active and eating a healthy diet helps maintain a healthy weight.

- Watch alcohol intake. In general, increasing alcohol intake leads to an increase in blood pressure. The heart healthy guideline is no more than two drinks a day for men, one drink a day

for women.

- Stop using tobacco and avoid secondhand smoke. Tobacco use and exposure to secondhand smoke leads to heart disease and other health conditions. Nicotine increases blood pressure.

For more information about high blood pressure, talk with your health care provider or visit the American Heart Association website at <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure/what-is-high-blood-pressure>.

## Caregiver Academy classes begin this fall

The Caregiver Academy is a free series of classes that assist family and community caregivers in developing the skills needed to manage an in-home care environment. These classes are on Wednesdays starting Sept. 18, and meet 11 a.m.-12:30 p.m. for six weeks. The classes are located at the University of Utah Health Center in Farmington (165 North University Avenue, Farmington). Each participant receives a free Managing Care Guide.

Schedule:

- Sept. 18: Finding Caregiver

Resources

- Sept. 25: Building Caregiver Resilience
- Oct. 2: Setting Good Care Boundaries
- Oct. 9: Involving Family and Others
- Oct. 16: Managing Difficult Behaviors
- Oct. 23: Understanding Care Options

Call Davis County Senior Services at 801-525-5050, Option 5, to register for the upcoming session. Registration is required. Space is limited.

## Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Wednesday, Aug. 14, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)
- Wednesday, Sept. 11, 6:30-7:30 p.m. – Centerville Library (45 S. 400 W., Centerville)

For more information about the Medicare 101 classes, call 801-525-5050 option 5.

## VOLUNTEER

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far beyond just those that they serve. There are many benefits to the volunteers themselves. Staying physically and mentally active can be a great benefit of volunteering. The National Institute on Aging reported that staying active can help with disease prevention, contribute to a longer lifespan, decrease depression, and improve thinking abilities.

Davis County RSVP can help you find the perfect volunteer opportunity that works with your individual interests and abilities. Whether you want to get out into the community or you need to find a volunteer opportunity that you can do from home, we can help.

Some of our greatest needs are

for at home volunteers. Social isolation has been linked with higher rates of depression, increased risk for falls, as well as other health problems including dementia. To help combat social isolation, RSVP volunteers are needed to make weekly phone calls to referred homebound seniors at risk for social isolation. Volunteers can make these calls from home making this a perfect opportunity for those who have limited mobility as well as those with limited time.

With age comes wisdom...as well as the ability to choose what you do with your hard earned wisdom. Choose to share your time, talents, and general greatness with others. Volunteer with Davis County RSVP.

For more information on volunteer opportunities and the benefits of joining RSVP, call Pat 801-525-5052 or Jackie 801-525-5094.



**Davis**  
COUNTY

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All issues of Senior Living are available at [www.daviscountyutah.gov/senior\\_living](http://www.daviscountyutah.gov/senior_living)



Senior Homecare by Angels

[VisitingAngelsUtah.com](http://VisitingAngelsUtah.com)

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|------------------------|-----------------------|------------------------|
| • Joyful Companionship | • Light Housekeeping  | • Errands & Shopping   |
| • Medication Reminders | • Respite Care        | • Dementia/Memory Care |
| • Hygiene Assistance   | • Mobility Assistance | • End of Life Care     |



**801-820-5874 • Now Hiring Caregivers**